

NBRC Senior Companion News

Welcome June



Moving Forward

Two steps forward and one step back; that's how we feel right now as everyone tries to resume more normal activities, but we find it is not always a straight path.

An important and much-loved Day Program and rehabilitation facility (REI) will close June 30. This will impact many lives. We care deeply about the clients, staff and volunteers who have been affected along with their families. Melissa is finding alternative sites and hoping to expand our service and our number of volunteers. Whenever possible, Melissa will try to continue long term successful relationships between our Senior Companions and the special clients they serve.

Fire season has begun. Knowing where a fire is, and the progress as fire departments work to contain it, are important to your safety and peace of mind. You can sign up for **Nixle alerts** by **texting your Zip Code** to **888777**. Open your text message application, in the **To:** section type the number 888777, then in the message portion of the text, type your zip code and press send. You'll receive a reply text. You can opt out of future alerts at any time by replying STOP.

There's also a free phone application we've tested for the past year, which is a go-to favorite, it's called, **Watch Duty** and is available for both Apple and Android Smart Phones. There are no ads, no spam, nothing unnecessary. To get this "app" go to the App Store or Google Play and search for Watch Duty and download. In your settings, be sure to enable alerts and notifications for the counties you want. You can set it to alert for Sonoma County incidents and all Sonoma County updates. You can choose to include Napa, Lake or Mendocino Counties also. Click the link or type it into your browser: <https://www.watchduty.org/>

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Remember to save water



Yoga and Books !

Grab your beach chair and yoga matt and stretch your worries away!

We previewed a gentle chair Yoga exercise that you might like. Follow the link below or type it into your browser: <https://youtu.be/e6QHR57DR3k>

If you're able, visit a beach or park and take along one of these top rated novels from the New York Times Book Review!



Summer Reading Suggestions from the New York Times Book Review

Scoundrel, by Sarah Weinman
How a Convicted Murderer Persuaded the Women Who Loved Him, the Conservative Establishment, and the Courts to Set Him Free



Our Little World, by Karen Winn
"I was intrigued by Our Little World from the chilling first paragraph. It's a coming-of-age novel complicated by a tragic and untimely death, and it's also a novel about two sisters you will never forget. I fell in love with the confidence of the writing and the colorful nostalgia of the mid-'80s details. Our Little World will transport and transfix you."
—Elin Hilderbrand



Trust, by Hernan Diaz

"Buzzy and enthralling ...A glorious novel about empires and erasures, husbands and wives, staggering fortunes and unspeakable misery...Fun to read." —Oprah Daily

Be sure to visit one of Sonoma County's great libraries in person or online and borrow your next summer vacation of the mind.

<https://sonomalibrary.org/>



Interacting with People Who Have Intellectual Disabilities

Whether you are new to the Senior Companion Program or you have a new client or notice changes in your client's behavior, you may find these important communication tips helpful.

Each person is unique and your effort as a volunteer to understand and communicate with them provides a pathway for them to achieving their wants, needs and connection to the world.

1. Use a respectful tone and volume. Do not treat adults like children (e.g. don't call adults, "kids").
2. Find out how the individual communicates. They might use some or all of the following: speech, sign language, gesture, pictures, a communication device, facial expressions and body language. All methods of communication are valid.
3. Find out how the individual expresses 'yes' and 'no'.
4. Get the attention of your assigned individual. Use their name, make eye contact or touch them respectfully before and during the conversation.
5. Use simple and uncomplicated sentences.
6. Be patient. Some individuals might need extra time to ask or answer questions.
7. Use pictures, drawings, and gestures to go along with your words (ask your site supervisor for direction).
8. Speak slowly and repeat verbal information multiple times if needed.
9. Talk to your site supervisor if you notice changes in behavior or engagement level from the client, so they are aware and so that they can advise you on your interactions.
10. Remember to follow all site rules.

Sources: <https://www.wikihow.com/Talk-to-Someone-with-an-Intellectual-Disability>; <https://www.specialolympics.org/about/intellectual-disabilities/how-to-speak>



Remember to Smile



Be Your Happy Self

Hearing

- Accidental
- Involuntary
- Effortless

Listening

- Focused
- Voluntary
- Intentional

Vs.

Be a Good Listener!



Tell Us What You've Learned

1. When you are around people with developmental disabilities, it's okay to refer to them as kids instead of using their name or treating them with respect.

TRUE

FALSE

2. (Read 1-10 on the previous page) Name three things you should do when talking with a person who has developmental differences.

3. If a person with developmental disabilities doesn't understand you, just talk louder.

TRUE

FALSE

4. How can you best help a person with IDD communicate?

A) Use simple, uncomplicated sentences

B) Be sure the person can see and hear you

C) Be patient, give them extra time to answer or speak

D) Be willing to repeat your question a few times if needed

E) All of the above

5. What are the elements of Listening versus Hearing?

Fun Facts

Father's Day History

- In the United States, Father's Day was founded by Sonora Smart Dodd and celebrated on the third Sunday of June for the first time in 1910.
- It became a national holiday in 1972, when Pres. Richard Nixon signed legislation designating the third Sunday of June as Father's Day
- In Catholic countries of Europe, Father's Day has been celebrated on June 19 as **Saint Joseph's Day** since the Middle Ages.

Quiz Time

Receive one-half hour of training credit by sending your answers to:

lbordner@nbrc.net

Or by mail to:

SCP

2351 Mendocino Ave
Santa Rosa, CA 95403

If you haven't been able to attend all our SCP Zoom trainings, you can add to your annual training by completing our newsletter training page quiz!



PUZZLE TIME—SUDOKU and Word Scramble

Sudoku Directions:
Use numbers 1 to 9 only once within each row, column, and block.

2		4				5		
	7				9			
3		9	8	2				6
5	8		2		7			
		1		8		7		
			4		1		6	8
4				7	8	6		3
			1				9	
		7				2		1

Puzzle 7

WORD SCRAMBLE— (Flowers)

See if you can unscramble them!

1. FODFLIAD
2. ORES
3. PPYOP
4. WLOUSNEFR
5. TCAONRINA
6. ILYL
7. TLUOS
8. SIDYA
9. UTPIL
10. NIOLDEDNA

1. DAFODIL
2. ROSE
3. POPPY
4. SUNFLOWER
5. CARNATION
6. LILY
7. LOTUS
8. DAISY
9. TULIP
10. DANDELION

Puzzle 8

8				7	6	5		
	9	4		3	1	2		
					2		3	
							9	5
	1	6				7	8	
7	5							
	3		6					
		7	9	8		4	2	
		5	1	2				8

Solutions on the back page

Paid Days Off in 2022:

MON—July 4th—Independence Day

MON—Sept 5—Labor Day

MON—October 10—Indigenous People’s Day

FRI—November 11—Veterans Day* (a paid holiday only if your site is closed)

THU—November 24—Thanksgiving Day

FRI—November 25—Day after Thanksgiving

MON—December 26 Christmas Day Observed

The above holidays are paid for all active volunteers who normally work on those days.

*Only paid if your site is closed.

JUNE is known for...

Graduations / Vacations / flowers / picnics

Father’s Day (3rd Sunday in June)

Juneteenth (June 19—End of Slavery Celebration)

African American Music Month

Men’s Health Month

Corn on the Cob Day—June 11)

Paul Bunyan Day (June 28)

Hot Air Balloon Day (June 5)

Is there something you’d like to learn more about? Let me know.

lbordner@nbrc.net

707.569.2083



AmeriCorps Seniors

Senior Companion Program

North Bay Regional Center
2351 Mendocino Ave
Santa Rosa CA 95403

Email: infoSCP@nbrc.net

Website: <https://nbrc.net/senior-companion-program/>



June

Zena M—6/23

July

No Birthdays

Shhh, the answers are below :-)

8	7	6	3	2	1	5	4	9
3	2	4	5	8	9	7	6	1
1	5	9	7	4	6	8	3	2
6	4	3	8	1	2	9	5	7
2	8	7	9	5	3	6	1	4
5	9	5	4	1	9	5	3	8
4	3	8	2	9	5	1	7	6
4	3	8	2	9	5	1	7	6
5	9	4	8	3	1	2	6	7
8	2	3	4	7	6	5	1	9

Puzzle 8 (Easy, difficulty rating 0.38)

1	4	2	5	3	6	7	9	8
7	9	8	2	4	1	5	3	6
3	5	6	8	7	9	2	1	4
8	6	5	1	9	4	3	2	7
5	7	2	3	4	5	1	9	6
8	6	7	2	5	9	4	1	3
4	1	3	8	6	7	2	5	9
5	8	6	2	9	7	3	1	4
3	5	9	8	2	4	1	7	6
1	7	8	5	6	9	4	3	2
2	6	4	7	1	3	5	8	9

Puzzle 7 (Easy, difficulty rating 0.41)